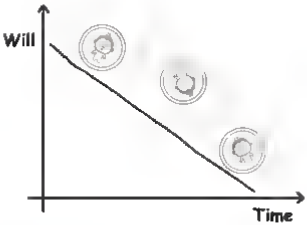
Method to Continue with a Goal

Are you continuing with
your new year's resolution?

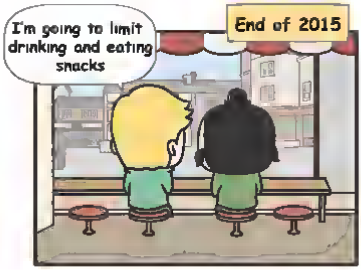
We all set new goals and make plans
ta be better versians af ourselves.

Whatever it is,
we feel like we can really da it
in the beginning.

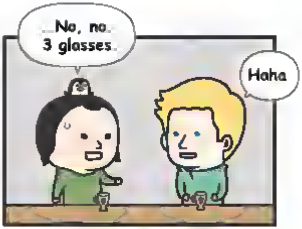


But as time goes by,
our will usually get weaker and weaker.

And sometimes we realize that
we set the bar too high.

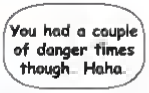

I'm going to limit drinking and eating snacks
End of 2015

Only for Friday and Saturday.
And I'm not going to drink more than 2 pints.

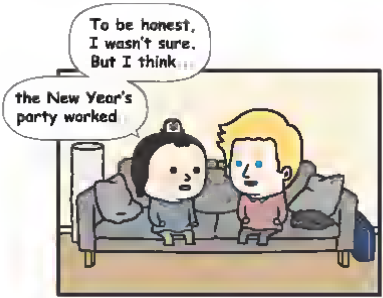


We made these rules for ourselves.

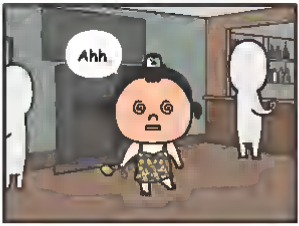
And 1 and 2/3 months passed by since that day.



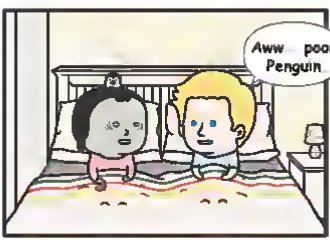
Surprisingly, we're doing well.



But there was something behind this successful story.

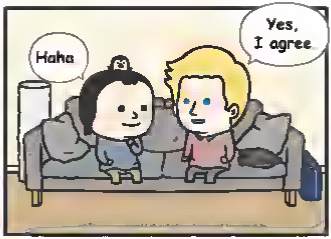


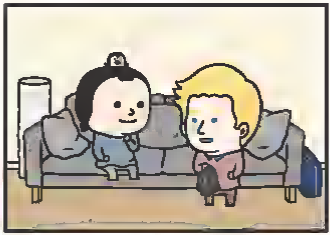
31st December. I had a lats to drink
at the New Year's party.

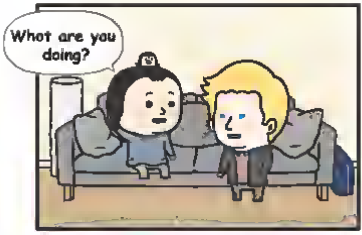


And the next day,
I had the worst hangover in my life.

This experience tought me something


Haha
Yes,
I agree




What are you doing?

I'm going to shop to buy chocolates

No more....

Mev's desire: chocolate hangover.